

## FATS AND COOKING WITH OILS

- Avoid using sunflower oil and vegetable oil when cooking as these oils are high in Omega-6 which increases inflammation and delays recovery. Instead use the guide below.
- Avoid frying with olive oil as it doesn't remain stable at high temperatures.
- Fats are important for health so avoid following very low fat diets

### Oils for Cooking and Frying

Rapeseed oil  
Organic Coconut Oil  
Groundnut Oil  
Rice Bran Oil

### Oils for dressing vegetables and salad

Extra virgin olive oil  
Walnut oil  
Avocado oil

- **Try and incorporate 2-3 healthy servings of fat per day. This can be easily achieved by:**
  - Adding 1 teaspoon of oil to salads
  - Adding an avocado to your meals
  - Snacking on a handful of nuts and seeds
  - Eating some oily fish such as salmon and mackerel

### TAKE HOME MESSAGE:

Do NOT use sunflower and vegetable oil  
Aim for 2-3 portions of healthy fats per day